

# AROUND THE SWAMP

November 29, 2020 V.10

## **3Q Source Highlight**

[Q1.5 - M](#) - The Transformative Relationship Between A Man and A Woman (written by Geppetto)

The relationships in a HIM's life can be viewed as a target. The relationships closer to the center require more attention than the relationships in the outer rings of the target. At the very center of that target - the bullseye - is the relationship (M) a man has with his wife.

A limited amount of time and energy has been granted to us by the SkyQ. In sticking with the bullseye analogy that means we have a certain number of arrows in our quiver and we should use a majority of those arrows, or relationship energy, on our M. The HIM aims most of his relationship arrows at the M because if that fails, the rest of his relationships will fail as well.

Marriage is simple, yet hard. Before marriage, a man is an "I", but afterwards he is part of an "Us". The HIM becomes selfless, asking nothing in return from his spouse and by doing so, he will get more out of the M relationship than he ever thought existed.

## **Thoughts from Gratitude discussion at leadership ruck/run.**

I posted this on GroupMe, but I feel it's worth posting here as well. "If you think about it, everything you have can be traced back as a gift from someone else. All that hard earned money you make, well someone taught you how to work hard, be grateful for that person. Maybe you are an amazing artist; well you probably had a great teacher along the way or maybe you believe God gave you that talent...be grateful. Wherever you are in life, it's because someone else was willing to give a bit of their time, attention, talent, love, and concern to you along the way! Now it's our turn to give!

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## Lexicon/Exicon

SkyQ: A man's view of the force that created and directs him.

Starsky: The act of Fartsacking a Workout while still Posting for Coffeeteria.

Swamp Rabbits: (submitted and named by OK): Do a certain distance of murder bunnies, then do them in reverse.



## Qing Tips

Meatloaf: Give instructions only for the next exercise. Giving too much information at once confuses everyone and takes up valuable time.

Dutch: Always have a way to contact emergency services.

You never know if you'll have an unforeseen emergency.

## Black Swamp Tclaps

Lego: Tclaps to Geppetto for having the insight to stop all PAX at a fortress beatdown to point out how fortunate we all are. There was a line forming for food distribution at Grace church and Geppetto commenting how blessed we are to not be in the same situation. People are struggling, and we need to do our part to help.

OK: Tclaps to Moana for picking up Luigi so he could make it to a beatdown.

Isosceles: Tclaps the PAX who are continuing to push and carry out the 3rd F concept. Woodstock has made the push on Friday's leadership discussions, several PAX continue to mention and participate in Habitat for Humanity, and the Bible studies are going strong. Check them out if you haven't already.

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Here is a list of FNGS since 8/1. Thanks Bourbon for the data. Reach out to these guys if you haven't seen them in a while.

F3 Name	FNG
Snap Crackle Pop	8/1/2020
Crank	8/1/2020
Crop Hopper	8/1/2020
Vila	8/3/2020
Callahan	8/18/2020
Luigi	8/27/2020
Rockwell	8/29/2020
Wrong Way	8/22/2020
Shake and Bake	9/1/2020
5 Wood	9/2/2020
Lyman	9/1/2020
Nitrous	9/5/2020
Home Slice	9/12/2020
Megaphone	9/12/2020
Rudy	9/14/2020
SteveO	9/15/2020
Twiggy	9/15/2020
Better Offer	9/11/2020
Field & Stream	9/19/2020
Fat Amy	9/19/2020
Fraction	9/24/2020
Schlissel	10/1/2020
Tiger	10/5/2020
Lykan	10/10/2020
Orange Kilt	10/10/2020
Gherkin	10/13/2020
The Big Hurt	10/17/2020
Free Time	10/15/2020
Mini Wheats	10/17/2020
Stinger	10/24/2020
Over the Top	10/24/2020
Ratchet	10/24/2020
Einstein	11/10/2020

## MARK YOUR CALENDERS:

Take a look at the Q schedule. If there less than 4 weeks filled up, do the site Qs a favor and step up and lead a beatdown! There are plenty of opportunities to Q!

## F3 10 Year Anniversary:

For more information check out <https://f310year.com/>. There are a few local PAX going.

Around the Swamp will be sent out every other Sunday. We need your input! Submit Tclaps, powerful moments, and memorable workouts, and Qing tips to Isosceles by DM on GroupMe.

